



Fitness Schedule



www.LongmontColorado.gov/rec

Longmont Recreation Center
310 Quail Rd • 303-774-4800

Key: (A) - All Levels
(1) - Beginner
(2) - Intermediate
(#) - Advanced
† - 45 min class
‡ - 75 min class
All others 60 min

Building Hours:

Monday-Friday: 5am-10pm
Sat & Sun: 7am-6pm

Lap Pool Hours:

Mon-Fri: 5am-9:30pm
Sat & Sun: 7am-5:30pm

Leisure Pool Hours*:

Mon-Fri: 9am-9:30pm
Sat/Sun: 9am-5:30pm

(*Slides open at 10am M/F/Sat & 11am M/T/Th/Sun.)

No slides/water features on during some classes.)

Babysitting Hours: (Ages 6mo to 7yrs)

Monday-Friday: 8am-1:30pm & 4-8pm
Sat: 8am-1pm Sun: 8:30am-1pm

Climbing Wall Hours:

School Out Hrs: 12-8:30pm
Mon-Fri: 4:30pm-8:30pm Sat/Sun: 10am-4pm

Cafe: Mon-Fri: 5:15-8:15pm Sat/Sun: 11:30am-5:45pm

Water Classes

Monday	7:30am - Aqua Motion 9:00am - Morning Fitness 10:15am - SilverSneakers® Splash 12:00pm - Deep H2O 7:00pm - Deep H2O
Tuesday	7:30am - Aqua Motion 9:00am - Aqua Zumba® 12:00pm - Masters Swim 6:00pm - Aqua Circuit 7:30pm - Beg Masters Swim
Wednesday	7:30am - Aqua Motion 9:00am - H2O Fitness 12:00pm - Deep H2O 7:00pm - Deep H2O
Thursday	7:30am - Aqua Motion 9:00am - Aqua Power 10:15am - SilverSneakers® Splash 12:00pm - Masters Swim 6:00pm - Aqua Circuit 7:30pm - Beg Masters Swim
Friday	7:30am - Aqua Motion 9:00am - Aqua Zumba® 12:00pm - Deep H2O
Saturday	9:00am - Deep H2O

Land Classes

Monday	6:00am - Indoor Cycling (A)† 7:00am - Abs & Arms (A)† 8:00am - Core Plus (A)† 9:00am - Cardio Kick Boxing (#) 9:15am - SilverSneakers® Yoga (A) 10:15am - SilverSneakers® Yoga (A) 10:15am - Sculpt & Tone (2) 12:00pm - Cardio/Sculpt (2) 1:30pm - Zumba® Gold (A) 4:30pm - Indoor Cycling (A)† 5:30pm - Boot Camp (#) 5:30pm - Pilyoga (A) 6:45pm - Essential Barre 7:00pm - Zumba® (A)
Tuesday	5:15am - Indoor Cycling (A) 5:45am - Boot Camp (#) 7:30am - Zumba® (A) 8:45am - SilverSneakers® Classic 9:15am - Step (2) 9:35am - SilverSneakers® Circuit 10:30am - Sculpt & Tone (2) 12:00pm - NIA (A) ‡ 4:15pm - Cardio/Sculpt (2) 5:30pm - Sculpt & Tone (2) 5:30pm - Pilyoga (A) 6:30pm - NIA (A) ‡ 6:30pm - Pilyoga (A) 7:00pm - Zumba® (A)
Wednesday	6:00am - Indoor Cycling (A) 7:00am - Butts & Guts (A)† 8:00am - Pilyoga (#) 9:00am - Cardio Kick Boxing (#) 9:15am - SilverSneakers® Yoga (A) 10:15am - SilverSneakers® Yoga (A) 10:15am - Sculpt & Tone (2) 12:00pm - Indoor Cycling (A)† 12:00pm - Zumba® (A) 12:15pm - Tai Chi (A) 1:30pm - SilverSneakers® Cardio 4:30pm - Indoor Cycling (A) 5:30pm - Boot Camp (#) 6:00pm - Step (1)

Land Classes

Thursday	5:15am - Indoor Cycling (A) 5:45am - Boot Camp (#) 7:30am - Zumba® (A) 8:00am - FLEX-ability 8:45am - SilverSneakers® Classic 9:15am - Step (A) 9:35am - SilverSneakers® Circuit 10:30am - Sculpt & Tone (2) 12:00pm - NIA (A) ‡ 4:15pm - Cardio/Sculpt (2) 5:30pm - Sculpt & Tone (2) 5:30pm - Pilyoga (A) 6:30pm - NIA (A) ‡
Friday	6:00am - Indoor Cycling (A)† 7:00am - Pilyoga (A) 8:00am - Cardio/Sculpt (2) 9:00am - Pilyoga (A) † 9:15am - Core Plus (A)† 10:15am - Zumba® Gold (A) 10:15am - SilverSneakers® Yoga (A) 11:15am - SilverSneakers® Yoga (A) 12:00pm - Cardio/Sculpt (2) 12:15pm - Tai Chi (A) 2:00pm - Zumba® (A) 4:30pm - Indoor Cycling (A) 5:30pm - Boot Camp (#) 6:00pm - NIA (A) ‡
Saturday	8:00am - Indoor Cycling (A)† 9:00am - Cardio Kick Boxing (#) 10:15am - NIA (A) ‡
Sunday	7:30am - Butts & Guts (A) 8:45am - Cardio Kick Boxing (#) 10:00am - Cardio/Sculpt (2) 11:15am - NIA (A) ‡ 4:30pm - Zumba® (A) 4:30pm - Zumba® for Kids (Kids 4-10 yrs)

More Fitness Classes on Back





Centennial Pool

1201 Alpine St • 303-651-8406

Fitness Room Hours:

Monday-Thursday: 5:15am-8:30pm
 Friday: 5:15am-6:30pm
 Saturday: 7am-4pm
 Sunday: 10am-5pm

Lap Swim:

Monday-Friday: 5:15am-3pm
 Saturday: 8am-11am & 1pm-4pm
 Sunday: 10am-5pm

Open Swim:

Monday-Friday: 12pm-3pm
 Saturday (Family Swim) 1pm-4pm
 Sunday (\$3): 12pm-2pm

Key: (A) - All Levels † - 45 min class
 (1) - Beginner ‡ - 75 min class
 (2) - Intermediate All others 60 min
 (#) - Advanced

Water Classes

Monday	6:00am - Masters Swimming 9:00am - Deep H2O Aerobics
Tuesday	9:00am - Deep H2O Aerobics
Wednesday	6:00am - Masters Swimming 9:00am - Deep H2O
Thursday	9:00am - Deep H2O Aerobics
Friday	6:00am - Masters Swimming 9:00am - Deep H2O Aerobics
Saturday	6:45am - Masters Swimming
Sunday	11:00am - Aqua Zumba®

Land Classes

Monday	12:00pm - Core Plus (A)
Thursday	12:00pm- TRX Tabata Bootcamp™

Did you know?? Centennial Pool offers monthly TRX fitness classes on Mon/Wed (8:15am or 5:45pm) and on Tues/Thurs (8am & 6pm).
 Call 303-651-8406 for info.

Senior Center

910 Longs Peak Ave • 303-651-8411

Monday	8:00am - SilverSneakers® Classic †
Tuesday	11:00am - SilverSneakers® Yoga †
Wednesday	8:00am - SilverSneakers® Circuit †
Thursday	8:00am - SilverSneakers® Yoga †
Friday	8:00am - SilverSneakers® Classic †

Facility Fees

Visit Drop-In Resident Non-Resident

Tot: Under 2 yrs	FREE	FREE
Child: 2-10 yrs	\$ 3.75	\$ 4.75
Youth: 11-17 yrs	\$ 4.00	\$ 5.00
Adult: 18-54 yrs	\$ 5.00	\$ 6.25
Senior: 55+ yrs	\$ 4.00	\$ 5.00
Designated Family Swim	\$11.00	\$13.75

Drop-In Babysitting: (6 Months-7 Years)

Parent/Guardian must remain in the building
 Free babysitting included in Family Annual and Family Monthly Passes only. ONLY at LRC.

½ hour (Minimum)	-\$1.25
1 hour	-\$2.50
1½ hour	-\$3.75
2 hours (Maximum)	-\$5.00
20 hour Babysitting Pass	-\$50.00

20 Visit Pass

Valid at All Facilities - Expires 5 years from date of purchase. Pass may be shared

Resident	-\$75.00
Non-Resident	-\$87.50
Corp/Military	-\$67.50

The benefits of Annual, Quarterly, and Monthly auto-debit passes:

Admittance to all year-round and seasonal facilities. Free towels at LRC and the St Vrain Memorial Building. Free babysitting at LRC for Household passholders. Free skate rental at the Ice Pavilion.

Annual Pass

Expires 1 year from date of purchase.

	Resident	Non-Res	Corp/Military
Child: 2-10 yrs	\$143.00	\$178.75	N/A
Youth: 11-17 yrs	\$204.00	\$255.00	N/A
Adult: 18-54 yrs	\$358.00	\$447.50	\$286.50
Senior: 55+ yrs	\$204.00	\$255.00	\$163.25
Couple: 18+ yrs	\$594.00	\$742.50	\$522.50
Household **	\$674.00	\$842.50	\$602.50

**Household=2 adults & their children (22 & under) living at home

Quarterly Pass

Expires 3 months from date of purchase. ID required for Corp/Military rate.

	Resident	Non-Res	Corp/Military
Child: 2-10 yrs	\$ 41.00	\$ 51.25	N/A
Youth: 11-17 yrs	\$ 59.00	\$ 73.75	N/A
Adult: 18-54 yrs	\$103.00	\$128.75	\$ 82.50
Senior: 55+ yrs	\$ 59.00	\$ 73.75	\$ 47.25
Couple: 18+ yrs	\$171.00	\$213.75	\$154.50
Household**	\$194.00	\$242.50	\$174.50

Monthly-Auto Debit

Bank Account/Credit Card will be charged on the 10th of each Month. Three full monthly payments ARE REQUIRED before cancelling.

	Res	Non-Res	Corp/Mil
Child: 2-10 yrs	\$14.00	\$17.50	N/A
Youth: 11-17 yrs	\$20.00	\$25.00	N/A
Adult: 18-54 yrs	\$36.00	\$45.00	\$32.50
Senior: 55+ yrs	\$20.00	\$25.00	\$18.00
Couple: 18+ yrs	\$59.00	\$73.75	\$55.50
Household **	\$67.00	\$83.50	\$63.50

Special Classes/Announcements

Building/Fitness Holiday Hours:
 No-School Days for SVVSD -
 Apr 4-8

NEW! Essential Barre Class:
 Use controlled movements at the ballet barre to tone and strengthen.
 Mon, 6:45pm at the Recreation Center
 Thurs, 6:45pm at the Memorial Bldg

Ask a Trainer • 2nd Wednesdays
 Talk to a personal trainer for free
 10am at the St Vrain Memorial Bldg



St Vrain Memorial Building

700 Longs Peak Ave • 303-651-8404

Building/Weight Room Hours:

Monday-Friday: 6am-8pm
 Saturday: 7:30am-5pm

Open Gym Basketball:

Tues/Thurs: 11:30am-2:30pm

Land Classes

Monday	6:00am - Cardio/Sculpt (2) 8:00am - NIA (A) 9:15am - Power of 3 (1) 12:00pm - Pilyoga (A) 5:45pm - Power of 3 (1)
Tuesday	6:00am - Pilyoga (1) 8:00am - Senior Conditioning (A) 9:15am - Senior Strength Training 12:00pm - Tabata Bootcamp™ (2) 5:30pm - Tai Chi (A)
Wednesday	6:00am - Cardio/Sculpt (2) 8:00am - NIA (A) 9:15am - Power of 3 (1) 12:00pm - Pilyoga (A)
Thursday	8:00am - Senior Conditioning (A) 9:15am - Senior Strength Training 12:00pm - Zumba® Step (1) 5:30pm - Zumba® (A) 6:45pm - Essential Barre
Friday	6:00am - Sculpt & Tone (2) 9:15am - Power of 3 (1) 12:00pm - Pilyoga (A)
Saturday	7:30am - Cardio/Sculpt (2) 9:15am - Pilyoga (A) 11:00am - Zumba® (A)
Sunday	NO CLASSES

Para copia de estapublicación en Español o información llame al 303-651-8601
 o correo electrónico maria.tostado@longmontcolorado.gov